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# Chebucto News

Vol.19 • No.5  
 January 2018

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## Spryfield Lions Rink gets cleanup thanks to United Way's Wake Up Halifax campaign!

by Peter Mowat

Early morning on December 7th, volunteers from Dalhousie University were at the Spryfield Lions Rink to take part in United Way's Day of Action. They were part of a huge campaign which saw volunteers taking on 100 charitable projects across HRM as part of an initiative to commemorate the 100th anniversary of the Halifax Explosion.

Their project was to assist the rink in cleaning up the property surrounding the facility. This was no small feat and after a number of hours of picking up trash they had gathered up enough large garbage bags to fill the rink's commercial dumpster. Their help was greatly appreciated by the rink Board and staff and a big thank you to the United Way and its volunteers.

## Collecting cans for Ilsley's Scholarship Fund

by Ciara Harris

JL Ilsley is well-known for its impressive scholarship program. Many businesses and organizations in the Mainland South communities provide scholarships for graduating students to pursue their studies. One group that raises money for Ilsley graduates is the JL Ilsley Teachers' Council. Over the years, this council has organized a number of events to raise funds for Ilsley scholarships. They have held auctions, bingos, and even fashion shows in the past. This year, the Teachers' Council is working on a wine and cheese event or a concert in second semester, but is also thinking about smaller, grass-roots fundraisers as well. One such fundraiser is a simple bottle drive, scheduled for Saturday, January 6th, at the Beaver Enviro Depot on Herring Cove Road.

Kelly Curran, the Humanities Department head, challenged the staff

at the high school to save all of their Christmas and New Year bottles and cans, and then bring them in to the recycling depot after the holidays. "If everyone on staff brought in two blue bags, we could raise over \$500 for our Scholarship Fund. It's just a little thing, but it would allow us to give a bit more money to deserving kids." Wyatt Redmond, owner of the Beaver Enviro Depot agrees, and has set-up an account to allow anyone to contribute their recyclables to the scholarship fund at Ilsley. Curran says: "Anyone in the community who is willing to contribute their bottles and cans would be helping us a great deal." In fact, if there are people in the community with blue bags of recyclables to contribute who can't get into the Beaver Enviro Depot, the Ilsley Teachers' Council is willing to do a pick-up. Simply e-mail Kelly Curran at currank@hrsb.ca to arrange a date

and time for blue bags to be collected. Also, the Enviro Depot requests that lids and screw tops be removed from bottles before they are submitted for recycling.

The JL Ilsley Teachers' Council is going to maintain their Scholarship Fund account at the Beaver Enviro Depot from January to June of this

year, and will have a number of bottle drives throughout second semester. Anyone in the community who wishes to contribute may do so. The students at Ilsley are very appreciative of all of the community businesses, organizations and agencies who contribute scholarships to the school, including the Ilsley Teachers' Council.

## Community Association for Spryfield

Spryfield has a Community Association. We're an independently funded and independently minded group of volunteers, so we get to do all kinds of interesting things.

This year we successfully advocated for 2018 construction of a much-needed sidewalk on the 500 block,

and set up a free outdoor cinema at the Urban Farm.\* We orchestrated a Spryfield Film Festival, and kicked-off a wayfinding project to highlight our community's history and walking routes. We're an active voice in planning issues, and are working with (See Community Association on page 2)

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# Christmas at St. Paul's FRI

by Carolyn Mont

St. Paul's Family Resources Institute (FRI), at St. Paul's United Church in Spryfield, is about a lot more than the food bank, but in December, that is hard to believe. Preparing Christmas hampers for approximately 300 families and individuals is a massive undertaking. In order for this to work, it requires a lot of planning and a lot of dedicated volunteers.

The process begins with counting and organizing the food on hand. A lot of the food is donated and a lot comes from Feed Nova Scotia. However, the hampers are "built" with the same foundation and that means there has to be enough pasta, cereal, creamed soup, tomato soup as well as canned vegetables and condiments and so on to ensure that each hamper has these basics. Whatever is missing has to be purchased and that requires planning.

Then space has to be made available to accommodate all of those hampers. When full, they take up a lot of room. Each family gets a turkey; they go into doubled plastic bags. It seems like a small thing but it takes time to double all those bags and stack them in a convenient way.

Another job done ahead of time was the filling of treat bags for each person as well as hygiene packages for men and women. These are filled and ready to be picked up as clients go past each station on the day they collect their orders. Young people from Sparks and Girl Guides spent an evening on this project.

The Food Bank at FRI is open on Wednesdays and during the week of the Christmas, "give out" is incredibly busy. On Monday, all of the hampers are begun with the basics and stacked in the appropriate space. On Tuesday, the fresh produce (potatoes, onions, carrots, apples and squash) is delivered as are the frozen turkeys and chickens for single individuals. They have to be bagged and then stored in a space where they will remain frozen. That is 300 turkeys! Where do you put those? We certainly can't accommodate them at the church. This year, we were fortunate to have a freezer storage unit donated by PA Yeoman Marine Services in Harrietsfield. That meant that the turkeys could remain frozen until they were distributed.

Two small rooms are combined for use as a toy store from which parents can choose new toys for their

children. Volunteers take time to set this up and parents can look around to find what will best suit their children as opposed to having toys chosen for them.

People needing help have to register and then be notified of the time and date for pick up. This may seem simple but it requires that someone be trained for this and then to take time to follow up on every name with a phone call. The smoothly running pick up process requires that the advance work must be done carefully and with lots of planning. It was amazing to see how efficiently things went on Wednesday, December 13. People were waiting for the doors to open and as they came in they were given a number. Since all the hampers were filled ahead of time, coming early but did not mean that they would be given better goods.

Tables were set up in the hall and clients could have tea/coffee and a snack as they waited for their number to be called. They then went with a helper to go to various stations to pick up their orders, the last one being the turkeys, pies and bread to complete their Christmas hamper. Then, if they didn't have transportation, volunteers were waiting to drive them home.

While this is going on, other volunteers are cleaning up from each job and breaking down all the boxes that the food comes in, or organizing the ones in good condition to go back to Feed Nova Scotia. This is not the joyous front line volunteerism but is every bit as important and we at FRI are truly grateful for the quiet, unassuming work done behind the scenes by these folks.

The number of volunteers we have each year is truly heartwarming. The 1.4 staff positions we have at FRI simply could not do this job without them. Some volunteers were our regular, dedicated folk who help out at our weekly Food Bank but for this event, we had first time volunteers, school students, students from Pathways to Education, and volunteers from a number of local businesses, such as Maritime Resident Doctors and Wilson's Security. Some came for a few hours and some arrived each day to help. Our staff worked long hours into the night, as did some of the volunteers. The work continued into the rest of the week as people who couldn't come on Dec. 13 or who were late



additions to our list were provided with food and treats for the season. The Christmas magic is alive and well as seen at St. Paul's Family Resources Institute.

Special thanks to Kristen Hollery, Community Ministry Director at FRI.

Kristen put in long hours, coming in early and staying late to make sure things were going according to plan. Her trusty sidekick, Rena Eldership, another hard working and dedicated lady, is the Food Bank Coordinator at FRI.

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## DISCOVERING OUR PAST

### A walking tour of Herring Cove reinforces its lengthy history

by Iris V. Shea

Several years ago I had the pleasure of walking through Herring Cove with my friend Bill Foley who grew up in Herring Cove. Bill passed away on June 13, 2016 and was buried in St. Paul's Cemetery in Herring Cove.

Bill's fondest memories of Herring Cove were of growing up there in the 1940s and 1950s. During our walking tour Bill mentioned family names, such as Brackett, Brown, Darrach, Dempsey, Gorman, Harrigan, Hayes, Latter, Nagle, Pelham, Power, Reyno, Scallion and Sullivan. He knew where they all settled and that the land had been occupied for several generations by these same families. An inventory of names in Herring Cove today would reveal that many of these families still own and occupy some of their ancestral land. The earliest licensed Halifax harbour pilots were men from these same Herring Cove families.

On December 5th, 2017, a special mass, sponsored by the Atlantic Pilotage Authority, was conducted by Father Jim O'Connor at St. Paul's Church in Herring Cove. The mass commemorated the 100th anniversary of the Halifax Explosion and honoured all harbour pilots, past and present. Among those honoured were three harbour pilots from the 1917 Halifax Explosion; William Hayes, Francis Mackey, and Lamont Power. Captain Mackey was a native of Ketch Harbour, Captains Hayes and Power were from Herring Cove. Captain William Hayes, as pilot on Imo, was killed in the Halifax Explosion.

Thanks to Elaine Selig, Executive Assistant, Atlantic Pilotage Authority, who organized the mass and the reception that followed. Janet Maybee, author of "Aftershock" (the Halifax Explosion and the Persecution of Pilot Francis Mackey), contacted the descendants of Captain William Hayes, Captain Francis Mackey and Captain Lamont Power, many of whom travelled from other parts of Canada. Granddaughters of William Hayes and Francis Mackey (Shirley Hayes Kieran and Laurette Hayes) each lit a candle in memory of their grandfathers; Bernadette Power Rice lit a candle in memory of her father, Lamont Power.

At the reception in St. Paul's



Hayes gravestone in Herring Cove Cemetery, Herring Cove Road. Incription reads: In loving memory of my husband Pilot William Hayes killed on SS Imo in Halifax Explosion, Dec. 6, 1917, aged 43 years. His wife Gertrude Sarah, died June 15, 1971, aged 98 years. R.I.P.

Church Hall, Allan Marryatt, archivist from Mainland South Heritage Society, displayed photographs and albums from the collections of the society. Anna MacDonald, a member of Mainland South Heritage Society, showed a photo to the grandchildren of Captain William Hayes. The photo, from Anna's private collection, was of Peter Reyno and another man believed to be Captain William Hayes. Nobody in the Hayes family had a photo of William Hayes with which to compare it, although some recalled seeing a

framed picture of him in a house in Herring Cove. When the house was torn down, it is unknown what happened to the picture. If anyone knows its whereabouts, or has a photo of William Hayes, Mainland South Heritage Society would love to hear from you.

The Atlantic Pilotage Authority and descendants of the Hayes and Mackey families placed a wreath in the Narrows of Halifax harbour. Members of both families attended the 100th anniversary of the Halifax Explosion at Fort Needham on December 6th.

When researching the genealogy of the Hayes family, I soon discovered that many of the Herring Cove families mentioned by Bill Foley were also related to the Hayes family through marriages over several generations. Bill Foley's mother, Dorothy Una Dempsey, was the daughter of James Dempsey and Sarah Sullivan who trace their ancestry back to those original settlers from County Wexford and County Cork in Ireland.

When I first moved to Herring Cove in 1982, the name "Umlah's Field" was often mentioned. This aroused my curiosity because I had just started to research the Umlah surname (my family name) and wondered how the name became associated with Herring Cove. I discovered that in 1833 Alexander Umlah, a fisherman and one of 14 children of William Umlah/Umlah of Goodwood, NS, applied for a 40 acre grant of land between Herring Cove and Halibut Bay. This land became known, locally, as Umlah's Field, but is referred to on some maps as Hospital Point. Bill Foley knew its exact location and had great memories of playing softball in the field.

In 1834 Alexander Umlah married Anne Philpot, a girl with Herring Cove connections. Anne was the daughter of Catherine Latter and James Philpot. When James Philpot died, Anne's mother, Catherine, married William Dempsey and had several more children. By 1860, following the deaths of Alexander and Anne Umlah, their son, George Alexander, had settled in Yarmouth where the surname became Hemlow. He and his sister sold their inherited land in Herring Cove. Their father's fish lot (1.5 acres on what is now Village Road) was purchased by their mother's half-brother, John Dempsey, and the 40 acre field was sold to William Hayes who was married to Bridget Dempsey, their mother's half-sister. The Umlah name disappeared from Herring Cove except for the 40 acres called Umlah's Field which remained in the Hayes family for close to 140 years. In the 1990s, the Hayes family sold Umlah's Field where Hibernia and 360 Networks built a fibre-optics plant. The HRM sewage treatment plant is also on part of the land. Thanks to Bill Foley, I finally got to view what was once "Umlah's Field".



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# Letters to the Editor

*To the Editor*

The Forever Young Seniors Club would like to congratulate the winners of this year's Christmas Baskets. First basket went to Darlene Lantz, second basket was won by Tim Baker, and the third basket went to Geraldine James. The executive and club members of the "Forever Young Seniors Club" wish to thank Mike's "No Frills" and especially Mike for his support for us seniors.

The "Forever Young Seniors Club" thanks the communities of mainland south for their support in ticket sales. Have a MERRY CHRISTMAS.

*To the Editor*

St. Michael's Catholic Women's League would like to congratulate Anita Wentzell on winning this year's Christmas basket. We would also like to thank everyone who purchased tickets for their support.

**Send us your opinions!**  
Write to  
[chebuctoeditor@gmail.com](mailto:chebuctoeditor@gmail.com)  
if you have something to say.  
We'd love to hear from you.

# Start 2018 with a plan to reduce both debt and clutter

by *Lorrie Boylen*

The hustle and bustle of the holidays is over and 2018 is upon us. Many people use the start of the new year to have a fresh start and make some positive changes in their life.

Whether that means losing weight; exercising more; quitting an addiction; getting your finances in order; spending more time with loved ones; spending less time in front of distractions like television, electronic games or social media; or devoting more time or money to your favourite charitable cause, it's important to have a strategy. Breaking it down into bite-size steps can prevent that feeling of being overwhelmed and analysis paralysis.

Many of us have had a lifetime of collecting "stuff" either due to our own personal shopping habits or being gifted or inheriting items from loved ones. With the current craze of tiny homes and leading a minimalist lifestyle, many folks are feeling crushed under the weight of all their possessions. What to do? My own strategy last year was to get rid of 5 items per day. It's manageable and doesn't take a lot of time. You can often find those items in the time it takes to brew your coffee in the morning. If counting items doesn't work for you, try setting a timer for just 5 or 10 minutes a day

and pick up as many items as you can. If your items are still in good usable condition, don't forget our local stores like Hand In Hand and Salvation Army so that your donation can do good within our community.

If you've resolved to save money, even if you don't have a lot to spare, small amounts can give you great results at the end of the year. Try setting aside just 1% of your income into a separate savings account. If you find a cheaper insurance plan, cell phone plan, or a cheaper place to buy groceries, you can take those extra funds and pop that right into your savings account. Did you cash in some of your Air Miles or PC points at the check-out? Put that amount in your account too. Did you quit smoking or cut back on your daily takeout coffee or fast food? That saved money can go in there too. You may be surprised how quickly it adds up.

If reducing debt is on your list, try the snowball method of repayment. List all your outstanding debts then choose one to focus on (usually the one with the smallest balance to see quick results). Paying the minimum on the other debts, throw all the extra money you can at the focused debt (see above for some thoughts on where to find a little extra cash). Once that debt is paid, move onto the next one, and keep going until you slay them all. The sense of relief you will feel is beyond belief.

If losing weight is what you strive for, there are lots of tools at your disposal. Memberships to fitness studios and groups like Weight Watchers and TOPS (Take Off Pounds Sensibly) typically spike at this time of year, along with the purchase of fitness trackers and equipment for the home. You don't need to spend a ton of money, though. Many people credit support and accountability with their success, so grab a buddy or two to stay motivated and boost your chance of success.

The Chebucto Community Health Team at the South Centre Mall has a wide selection of free programs relating to all aspects of your life. Stop in or pick up one of their brochures to see how they can help you meet your goals. Or, check the events listings in this paper for the names, dates, and times of some of their free health related programs.

No matter what your goals are, tracking your progress will help keep you motivated. This can be as simple as a small notebook, or find an app on your phone or tablet if that's more your style.

Decide what's important to you in 2018 and design a plan so you can make that happen. In 2018 there are more tools available than ever before, so get busy designing the life of your dreams.

*(Lorrie Boylen is a Writer, Administrative Professional and CBC Radio's Community Contact for Sambro)*



See page 7 for our January specials!

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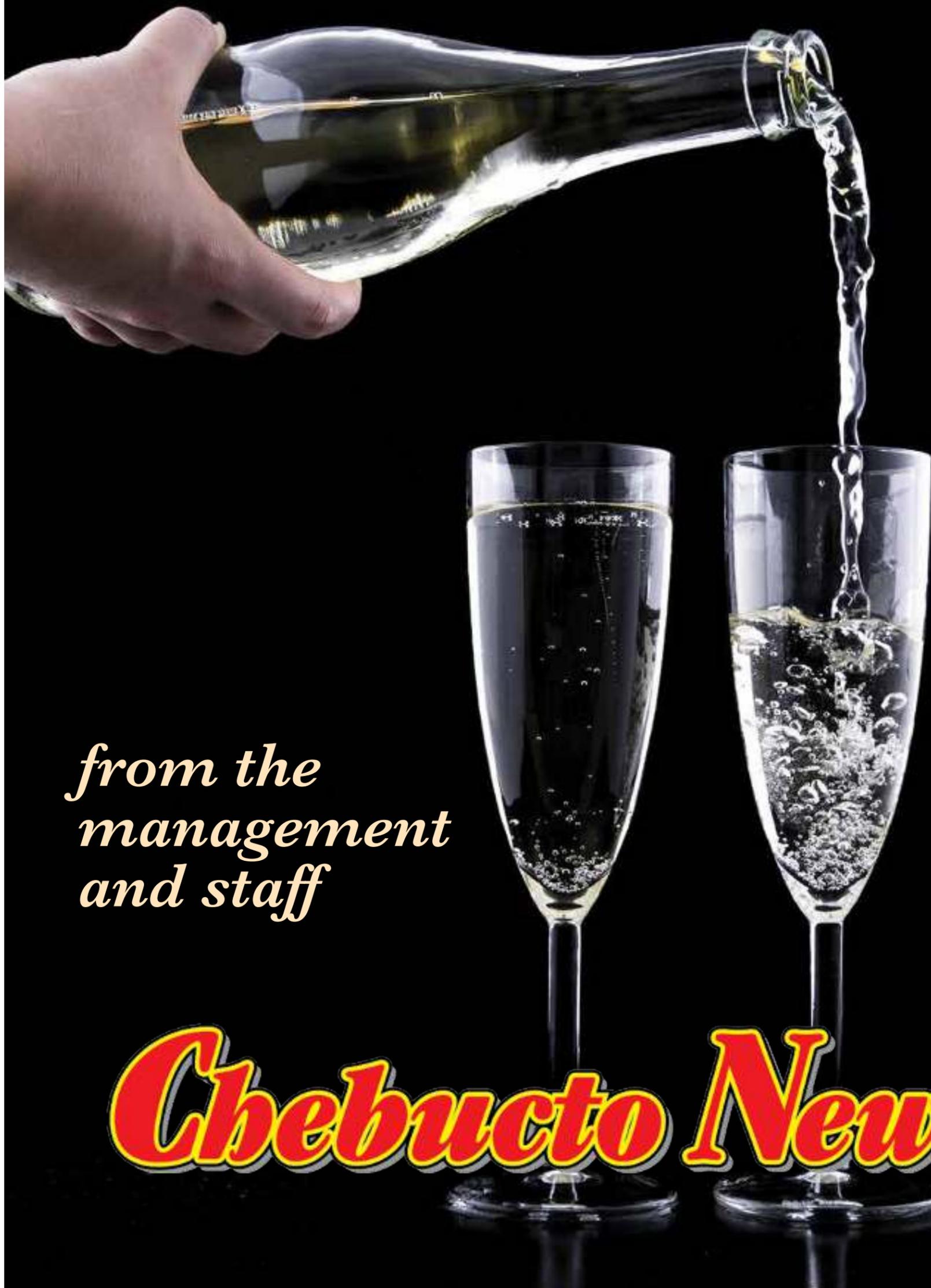
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***Chebucto News***

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# Ilsley's Holiday Coffee House is a Christmas tradition



Jakob Conrad and Kyle Hardy perform scenes from *The Room*

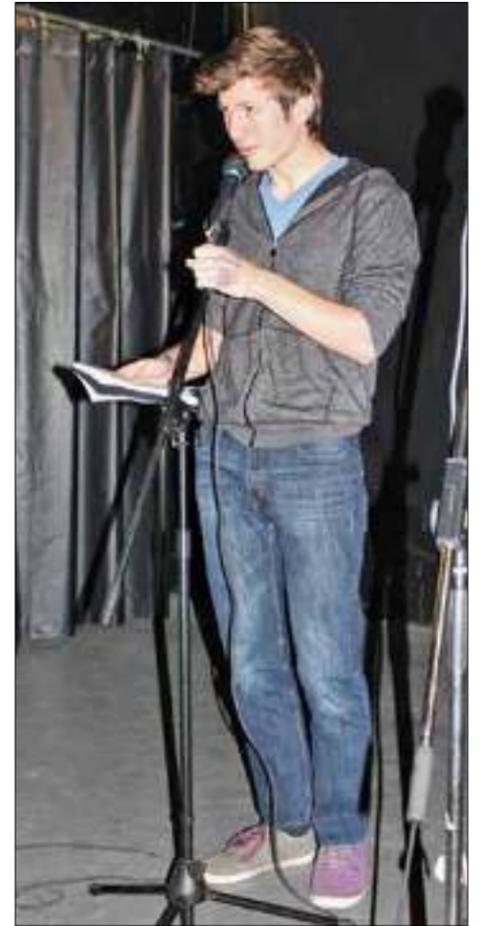
by Ciara Harris

On Wednesday evening, December 13th, nearly 100 people packed into the Black Box Arts space at JL Ilsley high school to enjoy an evening of music, dramatic performances and comedy at our annual holiday Coffee House. Audience members were well entertained, and also enjoyed gourmet coffee donated by Chris Webb and the good folks at Pavia.

There were a number of musical acts, including Claire Robertson on guitar singing “Wagon Wheel” and Kali Cameron “Rick-Rolling” the entire audience by playing “Never Gonna Give You Up” on her recorder. There were also a few skits, most notably Kyle Hardy and Jakob Conrad offering selections from “the worst film ever made”, Tommy Wiseau’s *The Room*. That particular perfor-

mance brought the house down, as did James Lee’s rendition of “Last Christmas” and Taryn Hanrahan’s turkey skit.

The Coffee Houses at JL Ilsley raise funds for students who wish to attend conferences at the Nova Scotia Secondary Students’ Association, or NSSSA. The holiday Coffee House raised enough money to sponsor a student to attend the provincial NSSSA conference in May. The JL Ilsley Students’ Council would like to thank



Brendan Kay reading poetry at the Coffee House



Taryn Hanrahan performs her turkey skit

all those in attendance at the Holiday Coffee House for their support. We would also like to thank Pavia for their continued support of student leadership at JL.



Laura Bray sings at the Ilsley Coffee House

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Courtesy of J. Albert Walker Funeral Homes Ltd. 902-477-5601

**Amelia Rose “Millie” Clark**  
96, Spryfield, passed away peacefully surrounded by family and friends on November 18, 2017, at Maplestone Enhanced Care. Born in Grand Banks, Nfld., she was a daughter of the late Auguste and Marie (Lelorieux) Demontreux. Millie was the happiest when she was with the grandbabies, whether she was rocking, singing or reading to them, she had a way with the little ones, she was full of life, feisty and always spoke her mind. In the 1940's-1950's she and her husband, ran Bill's Canteen in Boutilier's Point; later after moving to the city, she worked at the Halifax Infirmary for over 20 years, until she retired at Gerrard Hall in the early 70's. Millie was blessed to have lived her senior years with her youngest daughter Cindy, her husband Gerry, along with 3 of her grandchildren in a home that always filled love and laughter. Millie is survived by her children Cindy Paris (Gerry); John Clark (Lisa); Joanne Sparks; Roger Clark (Huguette); 15 grandchildren; 29 great-grandchildren and many nieces and nephews. She was predeceased by her husband, Bill; siblings, Augusta, Bill, Therese, John, Madeliene, Alberta, and beloved son-in-law, Jr. Sparks. The family would like to send a special thank you to the doctors and staff at Maplestone Enhanced Care (Hale Unit) for all the

love and support they provided during Millie's final journey home.

**Arlene F. Bannister**  
57, Spryfield. It is with deep regret that we announce the passing of Arlene on Wednesday, November 22, 2017 in Arborstone Enhanced Care, after a courageous battle with cancer. Born in Halifax on October 1, 1960, Arlene grew up in the Spryfield area, attended school and graduated from J. L. Ilsley High School. She was active in Girl Guides as a Brownie, Girl Guide, Pathfinder and Rangers. She was also a Brownie Leader. Arlene later moved to the Williamswood area and was self employed. She is survived by her parents, Bryan and Frances (Coyle) Bannister, Williamswood; brother, Patrick (Kathy) and nephew Koa Bannister, East Lawrencetown; numerous aunts, uncles, and cousins here in Nova Scotia, Ontario, BC and England. The family extends special thanks to Dr. Lewis and the nursing staff; the care givers at Arborstone and Elaine Davison for their compassionate care and support.

**Linda M. “Merson” Kline**  
63, Spryfield, passed away on November 24, 2017 following a brief and courageous battle with cancer at the New Halifax Infirmary, Halifax, NS. Born in Halifax, she was a daughter of the late Cyril and Loretta “Pearl” (Webber) Merson. Throughout her life, Linda was employed with the Nova Scotia Teachers Union, where she worked as a valuable and lifelong employee, having retired following 35 years of service. She worked there in numerous secretarial capacities and departments including special associations. Affectionately, known as Nanny, she dedicated her life to her special relationship with her only grandson and apple-of-her-eye, Adam Jr. He was her world. Linda loved her cats and she will be sadly missed by her fur-baby, Jasper. She is survived by her only daughter, Andrea Betts, Halifax, her grandson, Adam Marsh Jr., and his father, Adam Marsh Sr., brother, Bob Merson (Joan), Lower Sackville, NS, sisters, Pat McGarry, Halifax, NS and Betty Cochrane, Lower Sackville, NS, a special great-aunt, Mert Eikle, as well as several cousins, nieces, nephews, friends and former colleagues. She was predeceased by her parents. The family wishes to extend a heartfelt thanks to all the doctors and nursing staff of 7.4 Palliative Care Team, QEII, for all the care and support given to Linda. In lieu of flowers, donations in Linda's memory may be made to the Halifax Cat Rescue Society at [www.catsinhalifax.ca](http://www.catsinhalifax.ca). Words of comfort may be sent to the family by visiting [www.walkerfh.com](http://www.walkerfh.com)

**Kenneth Wayne Zinck**  
69, Spryfield, passed away after a courageous battle with cancer on Friday, November 24, 2017 at the QEII, Halifax, NS. Born in Halifax, he was a son of the late Basil and Viola (Mo-

rash) Zinck. He is survived by his son, Kenny, grandchildren, Candace, Aaron “Bugs”, Natasha, Terri-Lynn, and Chloe, great-grandchildren, Ashlyn, Aidan, Brooklyn and Brian “Bert”. He is also survived by his sisters, Marion Bennett and Rhoda MacDonald, as well as a daughter-in-law, Tammy Smeltzer. Ken was predeceased by his parents, his loving wife, D. Sandra “Sam” (Marriott) in 2014, two sons, Terry and Joey, and his brothers, Keith, Lionel and David. In lieu of flowers, donations may be made to the Children's Wish Foundation. Words of comfort may be sent to the family by visiting [www.walkerfh.com](http://www.walkerfh.com)

**David Allan Wright**  
75, of Spryfield, passed away suddenly, unexpectedly and painlessly at home on December 2, 2017. David was a true gentleman and a truly gentle man. He was predeceased by his parents, the late Allan and Inez Wright of Middleton. He is survived by his wife and soul mate, Susan; two siblings, brother, Gary (Betsy) Wright, Dartmouth; sister, Ann Videto (Jim), Middleton; son, Patrick, his wife Trinati, her son Tao and by his first and only granddaughter, Tula Jane Wright, (she was his “Precious Gift” and the apple of his eye); his first born son, Christopher Hills-Wright, all of Montreal; niece, Kathryn White (Tim), children Emily and Katelyn, Halifax; Natasha Deveau (Jean-Luc), children Patrick and Sophie, Elmsdale. David was a gracious, kind and loving soul, who was loved, respected and highly regarded by all who knew him. David was a teacher and guidance counsellor mainly in Nova Scotia schools until he retired in 2002. Throughout his life, David was a true life long learner who never stopped thinking, reading, exploring, questioning and reflecting, always helping others do the same. David enjoyed the ocean, sailing, curling and other sports and music. He loved his large extended family and life in general. He adored his wife Susan and Maggie his “Favorite Newfie”. He happily devoted many years of work to the Nova Scotia NDP Party and volunteered in many ways, including teaching ESL, serving on condominium boards where he lived, mentoring students for Metro Care and Share Society of Halifax and many other roles. David and Susan traveled widely in recent years and he happily anticipated more adventures and regular visits to Montreal to see Tula and Tao grow. David was loved by all who knew him and he will be greatly missed. In lieu of flowers, donations may be made to the TD Canada Trust Acct. #5350-3136444, as a gift from Grandpa for Tula's education (cheques payable to the Estate of David Wright) or to any charity.

James Garfield O'Hearn  
63, Prospect. Hi Folks, if you're reading this, it means I've moved on to greener pastures. Mom, thanks for giving me life. I'll love you forever. I'll say “Hi” to Dad when I see him. To my beautiful wife, who I love and respect with all my being and is the reason I survived as long as I did, you

gave me two beautiful children, Jason and Laura who matured into two great adults. I'm very proud of both of you guys. Take care of your mother. To my daughter-in-law Claire, thank you for giving me my two-beautiful grandkids, Evelyn and Matt - they capped off a great life. I love you two and wish I could have spent more time with you. Special thanks to my Hematologist, Dr. Darrell White, nurse, Sandra, all the nurses in the MDU of the V.G. Hospital and my family doctor, Harris Crooks. Last but not least, a special thanks to Fred, Greg, Gary C., cousin/brother Dan for being there, it means a lot. Finally, I tried to piss off as many as I could. For those I missed, I'll be back. In lieu of flowers, hug a Dad, relax and have a drink. If you'd like to do more, donate blood or platelets.

Nora Lynette Goreham  
85, Purcells Cove, passed away suddenly at home on December 13, 2017. Born in Shag Harbour, she was a daughter of the late John and Juanita (Adams) Goreham. Nora trained as a teacher at the Normal School in Truro, NS. After she taught for a few years, she attended Mount Allison University, graduating with a certificate in Applied Arts. She worked for many years for the NS Government, teaching adult classes in silver jewelry and pewter fabrication throughout the province. In the last years she worked for the Nova Scotia Art Bank. Nora is survived by good friend Edith Hanington, Halifax; sisters, Marion (Neil) Kendrick, Shag Harbour; Jean Huskins, Maramichi, NB and one niece and four nephews. She was predeceased by brothers, Arthur and Reginald. She will be greatly missed by her family and friends: Especially by Edie Hanington and all her family, particularly Rob (Mary) Hanington and their three children: Meghan, Genevieve and William. Memorial donations may be made to a charity of choice.

**Darrel Brian McLeod**  
61, Spryfield, passed away on Tuesday, December 12, 2017 at Arborstone Enhanced Care. Born in Summerside, PEI, he was a son of the late Kenneth Sr. and Dorothy (Westlake) McLeod. He is survived by his son, Michael (Andrew), Halifax; daughter, Sheri (Les) Rice, Cold Lake, AB; granddaughters, Brianna and Alexa; brothers, Ken Sr., Winnipeg, MB, Donald (Ann), Halifax, Victor (Donna), Yellowknife, NWT and Gary (Darren), Tweed, ON. He was predeceased by brothers, Gordon and Gregory. Many thanks to the staff of Arborstone Enhanced Care for their compassionate care and support.

**Jennifer Dawn DeVine Hume**  
The family of the late Jennifer Dawn DeVine Hume wish to thank neighbours, friends, co-workers and the community for their generosity, love and support.

A Celebration of Life event was held to honour Jennifer's Life at the Purcell's Cove Club on Sunday  
(See Obituaries on page 11)

YOUR COMMUNITY FUNERAL HOME

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# Chebucto News

# Sports Page

## Milestones reached at Spryfield Judo Kai

November was a memorable month for Sensei Make Lavoie of the Spryfield Judo Kai. Ten students were tested for their next level Judo belts and they were all successful in reaching their next belt level.

Sensei Mike said "I am proud of all of my students and its great to see all of their hard work pay off"

Congratulations Bowen Cranston, Hunter Gilmour, Chase Noel, Sophia MacDougall, Mattheo Michaud, Jackson Riener, Chloe Hunt, Kaidin Arney, Isaac Fillmore and Chase Mackay.

The Spryfield Judo Kai is always looking for new students. If you are interested in learning about Judo you can contact Sensei Mike through e-mail at [spryfieldjudokai@gmail.com](mailto:spryfieldjudokai@gmail.com)



### Schedule for 2018

Home games starting at 8:00 pm.

January 6 vs. Cumberland/Colchester Colts

January 13 vs. Cumberland/Colchester Colts

January 20 vs Avon River Rats

January 27 vs. Eastern Shore Thunder

February 3 vs. Avon River Rats

There are a few games remaining to be scheduled. Fans can go to [spryfieldattack.com](http://spryfieldattack.com) for schedule updates and game hi-lites or our league web page [nsrjhl.com](http://nsrjhl.com)

**Come Out and Support Your Local Junior Hockey Team**

## OBITUARIES

(continued from page 10)

November 5th, 2017. Attended by so many, some the family had not seen in over 20 years.

Jennifer was an inspiration to young cancer survivors across the Country. She always had a beautiful smile, spread love, and gave off "positive vibes". She never complained about the pain or the situation she was in; she was so very strong and courageous.

Our Daughter, our Mother, our Sister and our Wife was loved by everyone who knew her and she will be greatly missed.



## NEWS & VIEWS

from the desk of  
Bruce Holland



### SBC Annual Festive Dinner Honours Community Volunteers!

The Spryfield Business Commission's (SBC) Mission Statement is "To advocate the interests of local businesses in building a stronger community" In keeping with our Mission Statement, each year as part of the Spryfield Business Commissions Annual Festive Dinner, the SBC honours people and/or organizations in our community who make a difference in the quality of life in Spryfield and our surrounding communities. This year we were pleased to honour four volunteers who have worked tirelessly for many years to make our community a better place to live, work and play!

**Donna Flemming** has been a volunteer on the board of the Long Lake Provincial Park Association since it was re-created four years ago and has Chaired the Board of Directors for the past two years during the Parks construction period. Donna is Co-chair of the Spryfield Harvest Festival and also volunteers each year with Sambro Sou'Wester Days.

**Gina Gray** has been a volunteer with the Spryfield Santa Claus Parade for more years than she cares to admit and has been the volunteer Co-chair and Parade Marshall for the past nine years. In addition to this, Gina volunteers at the Spryfield Legion and many other organizations in the community.

**Eric Caines** has been the volunteer Treasurer of the Spryfield Business Commission for the past six years, the volunteer Treasurer of the LLPPA since its resurgence four years ago, and has been a Chebucto Minor Hockey Coach for the past 20 years.

**Darlene Burbridge** has been supporting the school system in the community as her children progressed through the schools and most recently has been volunteer Co-chair of the Spryfield Harvest Festival and supports many other volunteer initiatives throughout the community.

In addition to recognizing these dedicated community volunteers the SBC also recognized the many businesses who are so faithful and generous in sponsoring/donating to not only the Business Commission's Community Initiatives like the Spryfield Santa Claus Parade, The Spryfield Harvest Festival and the Long Lake Provincial Park, but to other school and non-profit community organizations. Each of this year's Santa Claus Parade sponsors in attendance received a certificate of appreciation.

This year's Festive Dinner was a sold out, packed house event held at the Armdale Yacht Club and, while there were many dignitaries in attendance, including MLA and Minister Lena Diab, the featured guest was



Pictured left to right, SBC Executive Director, Bruce Holland; Professor Fe Baculi; Donna Flemming, Volunteer Co-chair of the Spryfield Harvest Festival; Gina Gray, Volunteer Co-chair of the Spryfield Santa Claus Parade; Eric Caines, Volunteer Treasurer of the Spryfield Business Commission; Christine Henneberry; Darlene Burbridge, Volunteer Co-chair of the Spryfield Harvet Festival.

none other than Santa Claus himself!

### Rural Bus Service Feasibility Study Complete!

Thank you to all the community members and stakeholders who came out to give their input into what a Rural Flexible Bus Service for the Ketch Harbour/Sambro/Spryfield Loop should look like. The Feasibility study is now complete and we will be submitting it to the Nova Scotia Department of Municipal Affairs for funding to create a Business Plan which is the next step required to starting a pilot project which will enable us to put a bus on the road.

First Networking Luncheon of the New Year!

The first networking session of the New Year will be a Luncheon co-hosted by Mr. Colin Harding of Harding and Associates and Mr. Eric Caines of Cemanco Properties and the SBC on Thursday, January 18th, 2018 from 12:01 p.m. – 1:00 p.m. at the new

offices of Harding and Associates and the Cemanco Properties office in the Royal Bank Building, 339 Herring Cove Road, Suites 209 and 215. We look forward to seeing you there!

### Happy New Year!

On behalf of the SBC Board of Directors, the entire Spryfield Business Commission Membership and myself, we would like to wish each of you a very Happy, Prosperous New Year!

### Newsletter

The Spryfield Business Commission is committed to keeping our Members and the Community informed of our activities and events. Should you have any questions about anything you see in this update or any general inquiries please feel free to contact me by e-mail at [sdbc@eastlink.ca](mailto:sdbc@eastlink.ca) or by phone at 902-452-7472.

Many thanks, Bruce Holland!



Pictured at the Festive Dinner are Spryfield Business Commission Board and Executive Members, (left to right) Alice Morris, Bowlarama; Irene Swindells (Secretary); Melville Heights, Eric Caines (Treasurer); Cemanco Properties, Scott Reinhardt; Greenroots Landscaping, (photo bomber standing at the bar); Clyde Paul (Chairman) Clyde A. Paul & Associates; Dan Doherty (Past-chairman) Exit Realty; Chris Macaulay, Sobey's; Wyatt Redmond, Beaver Enviro; Kurt Ryan (Vice-Chairman), Shoppers Drug Mart; Nadine Garrison, The Head Shoppe; Ryan Brennan (Past-Chairman) Clyde A. Paul & Associates; Bruce Holland, SBC Executive Director.

# Three updates from your federal representative in Ottawa

by Andy Fillmore, MP for Halifax

## 1. A National Housing Strategy for Canada

Last month, the federal government released the first-ever comprehensive housing strategy for Canada, focused on giving middle and low-income Canadians better access to safe, secure, and affordable housing from coast to coast to coast.

The strategy was developed through two years of consultations with Canadians from all walks of life. One thing everyone agreed on is that housing is a launch-pad for better socio-economic outcome for our citizens; a more inclusive society where everyone has the opportunity to prosper and thrive; a strong economy; and a cleaner environment.

But for too many Canadian families, a decent home is simply not affordable. Across Canada, 1.7 million families are in housing need. These people live in homes that are inadequate or unaffordable. Another 25,000 Canadians are chronically homeless. This needs to change.

That's why our National Housing Strategy invests \$40 billion in housing over the next decade. What will this money do in the long term? We've set some bold goals, including: reducing chronic homelessness by 50 percent; removing more than 530,000 households from housing need; creating four times as many new housing units as built under federal programs from 2005 to 2015, and repairing three times as many; and protecting 385,000 households from losing an affordable place to live.

One particularly exciting part of the strategy is the introduction of the new Canada Housing Benefit. This is a benefit that will go directly to Canadians, on average \$2,500, to support over 300,000 households in Canada.

Our National Housing Strategy will be transformative for Canada, focused on supporting vulnerable populations including seniors, Indigenous Peoples, survivors of family violence, people with disabilities, refugees, and veterans.

## 2. Calling for a National Veterans ID Card

As a Member of Parliament, an important part of my job is advocating on behalf of my constituents. I was so grateful when veteran and veterans advocate Angus ("Gus") Cameron of Halifax contacted me about his hope for national veterans ID card.

Gus, along with many of his fellow veterans, would like to see the federal government create and implement a national veterans' identification card as a small token of thanks for the courage they displayed in the Canadian Armed Forces. It would also make it easier for veterans to access any benefits or discounts they may be eligible for.

Over the last few months I worked closely with Gus to put forward a petition to the government asking them to consider this idea. To date, the petition has received over 1100 signatures, including from every province. In

November, Gus flew to Ottawa to join me as I presented the petition to the House of Commons on his behalf.

The government has 45 days to respond to the petition – so stay tuned!

## 3. Enhancing the Canada Child Benefit and the Working Income Tax Benefit

The Canada Child Benefit has been one of the most successful acts of our government. It has put more money in the pockets of nine out of ten Canadian families. It is the most significant public policy innovation since universal healthcare which is helping Canadian families with the high costs of raising their kids.

Unlike the confusing and unfair system of child benefits that existed previously, the new Canada Child Benefit is simpler, tax-free; and targeted to income; it provides support to those who need it most. It is raising

over 300,000 Canadian children out of poverty – cutting child poverty in Canada by 40%.

Given these results, we're taking steps to make the Canada Child Benefit even stronger. Starting in July 2018, we're making annual cost of living increases to the Benefit to make sure it keeps pace with the rising cost of living.

For a single parent of two children making \$35,000, this strengthened Canada Child Benefit will mean \$560 more next year, tax free, for books, skating lessons or warm clothes for winter.

That's all for this month. Share your views on this or anything else at any time - call my office at 902-426-8691 or email me to set up a meeting at [andy.fillmore@parl.gc.ca](mailto:andy.fillmore@parl.gc.ca). Or, just stop by my office at Rm 808, 1888 Brunswick Street, Halifax.

## Winter parking ban in effect now

by Stephen Adams, HRM Councillor, District 11

The municipal overnight winter parking was implemented Friday, Dec. 15, and will apply until Saturday, Mar. 31. Please note that the ban is only in place when a snow or significant weather event is predicted or underway.

As in previous seasons, the ban will be enforced between 1 a.m. and 6 a.m. during declared weather events and extended clearing operations only. I encourage you to plan ahead when snow is in the forecast and secure off-street parking for when the overnight parking ban is enforced.

The easiest way to stay informed about the status of overnight winter parking bans is to register for automated notifications by signing up online, emailing [contact@halifax.ca](mailto:contact@halifax.ca) or calling 311. Subscribers will receive timely alerts by phone, email, and/or text message when the ban is in effect and again when it is lifted. Residents who received these notifications last winter will continue to receive the service this year. Standard text messaging rates apply. I utilize this system, which is timely and convenient and it

is what I use to keep you informed in a timely manner.

Section 139 of the Nova Scotia Motor Vehicle Act also requires that people remove their vehicles from the streets, day or night, in the event of a weather event or ongoing clearing operations. Vehicles obstructing snow removal or winter maintenance operations can be removed at the owner's cost, regardless of the time or date. This is very important to note, especially during a storm, as this section applies to all residents in HRM.

As you drive throughout our neighbourhoods, from time to time you will see some residents push snow onto the sidewalk or street. This practice is contrary to By-Law S-300. This is a serious problem that can cause safety issues for pedestrians and other users as it complicates clearing for crews. This year, HRM has increased its enforcement to address non-compliance with the By-Law.

During storms and other winter events should issues arise, please report these to 311. By utilizing this

system, our staff can track issues and deploy resources where necessary. As well, our snow removal crews are measured on their performance and on ability to address issues in a timely manner.

On Tuesday, December 5, Council approved an additional \$200,000 for the Snow Removal Program for Seniors and Persons with Disabilities. For perspective, this brings the total amount to \$600,000. To register for this program, please call (902) 483-3678.

Halifax Water's new Customer Connect water meter program is currently being rolled out in the Herring Cove, Spryfield, Timberlea and Fairview areas. The meter and installation are free. This program will provide many customer benefits including a future web portal customers can use, if they choose, to assist in managing their usage and costs. Please visit [customerconnect.halifaxwater.ca](http://customerconnect.halifaxwater.ca) for online or phone appointment booking options as well as full project information. To book an appointment by phone, please call 1-800-667-4387.



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**HALIFAX** [halifax.ca](http://halifax.ca) 311

# The Armdale Report

by the Honourable Lena Metlege Diab, MLA for Halifax Armdale

To the residents of Halifax Armdale and everyone across Nova Scotia, I want to wish you a very Happy New Year! As we look to 2018 with optimism and a sense of renewal, I hope you and your family are well and that this year will be one of promise. I was pleased to once again support the Herring Cove Polar Bear Dip this year, and I want to extend my sincere appreciation to all those who took the icy plunge on New Year's Day in support of our local charities. January is a great month to recommit ourselves to volunteering with the many organizations doing good work across Halifax, and I encourage you to stay tuned to my Facebook page where I'll be sharing information on opportunities to get involved.

I've been hard at work this winter, and I'm looking forward to connecting with our community in advance of our spring sitting of the legislature. Early next month, I'll be hosting a number of service providers and organizations for a Mental Health Resource Fair in Armdale. This will be a great opportunity to bring all the players in our mental health care system together to share information about what services are available to Nova Scotians and how best to access them. Whether you have questions about mental health emergencies, community supports, or youth services and SchoolsPlus, you'll be able to find the information you need to better navigate Nova Scotia's network of care providers. I encourage you to check my Facebook page for event details coming soon.

Amidst the hustle and bustle of the holidays, government has continued to move forward with important expansions of programs to make life better for Nova Scotians.

Reducing poverty in our city is a top priority for the province. All Nova Scotians deserve a chance to build a better life for themselves and their families, and I was immensely proud last month to join in the announcement of government's Building Vibrant Communities Grant Program. This important first step in Nova Scotia's plan to reduce poverty is

focused on working with established local organizations to improve food security, increase access to transportation, and assist youth in transitioning into adulthood. This new funding will aid established community groups in breaking the cycle of poverty that keeps too many Nova Scotians from reaching their full potential.

At the same time, the province is also partnering with HRM on a pilot project that will see bus passes provided to clients of Income Assistance and Employment Support and their families. Reliable transportation is essential for employment, health care, and access to services, and this project will remove unnecessary administrative hurdles and give lower-income Nova Scotians more freedom and opportunities. This intergovernmental cooperation is very encouraging, and I

## Free Metro Transit bus passes for those on income assistance

by Brendan Maguire, MLA for Halifax Atlantic

Holiday Season

As the holiday season wraps up I want to take a moment to recognize all of you for your generosity. Your holiday spirit helped eight different families with food and gifts for their little ones. Our office was filled with clothes, toys, food, and gift certificates. I truly believe no other community steps up like ours. Thank you for all you do.

Poverty Reduction Strategy

On December 13th at the YWCA, I was so proud to be part of an historical announcement in Halifax.

City Council and the Province of Nova Scotia announced a partnership where they will provide every single person in HRM on income assistance, their spouses, and their dependents, free Metro Transit bus passes.

This means transportation and social inclusion for another 16,800 people in HRM.

This means individuals will now have the freedom of travel and it means treating individuals with dignity and respect.

look forward to seeing further progress on this important issue.

Government also recently provided increased support to adult day programs for Nova Scotians with disabilities. An extra \$1 million is now available to adult service centres, residential providers and other community service providers. It will increase the total number of individuals served and will help remove barriers for people who could not access day programs in the past. Organizations are being encouraged to apply for grants to increase recreation, employment and day programming for persons with disabilities. Along with last month's announcement of Nova Scotia's new Small Business ACCESS-ability Grants, progress is being made in building a more inclusive province for people of all abilities.

Finally, another 24,000 students in 63 schools across Nova Scotia will soon have greater access to services, after-school programs, and more mental health clinicians, as the prov-

ince further expands our SchoolsPlus program. In the fall budget, government invested \$1.8 million to expand existing hub sites and to create three new ones. This will add three facilitators/social workers, 11 new community outreach workers and eight new mental health clinicians for the 2017-18 school year. These professionals work together to provide the best possible supports to students and their families, and by growing their teams government is moving toward its goal of making SchoolsPlus accessible to all students by 2019-20.

As it's the time of year to start good habits and organize our lives for new projects and new semesters, I'd like to encourage you to stay in touch with me. You can sign up for my regular E-newsletter by sending me an e-mail at [info@lenadiab.ca](mailto:info@lenadiab.ca), and connect with me on Facebook at [@LenaDiabNS](https://www.facebook.com/LenaDiabNS). As always, you can reach my constituency office at (902) 455-1610. Thank you for your continued support and all the best for 2018!

This is just the beginning of the province's poverty reduction strategy; a strategy that will help reduce the burden for those making the lowest income, seniors and the working poor.

This is why I got into politics; to fight poverty, to increase social inclusion, and to show each and every individual that they are valued and loved.

December 17th was our 5th annual Holiday Dinner at the Spryfield Boys and Girls Club. This year we were able to provide 100 people with a health and hearty turkey dinner. I want to take a moment to thank all the volunteers who spent countless hours cooking, cleaning, and serving dinners. It truly is a community effort and one that puts a smile on many people's faces.

Free Family Photos

Just in the time for the holidays, I was able to partner with local photographer Stephen Fralick to provide free family portraits for families in our community. Families who had

never had a family portrait dressed up in their best clothes and showed their biggest smiles for this great opportunity. Thank you Stephen Fralick. New Coast Guard Vessel CCGS Pennant Bay.

This month I was proud to stand by our Federal MP Andy Fillmore and our local Coast Guard as Andy Fillmore announced the delivery of a new Coast Guard Vessel the CCGS Pennant Bay. This replacement vessel is faster, safer and has more room on board for passengers. This new vessel, which arrived in Sambro mid December, will keep our Fisher people and those that spend time on the ocean safe and sound for decades to come.

Lastly, as 2017 comes to an end, I want to thank each and every one of you for your support. It has been an honour to represent this community and I look forward to an amazing 2018.

From Rena, Oliver, Rufina, Isla and myself, Happy New Year

## COMMUNITY EVENTS

(continued from page 14)

for more info or visit [www.scouts.ca](http://www.scouts.ca).

- Every Tuesday, St. Paul's Resource Centre offers their **Soup's On Program** from 12pm to 1:30pm. This is a great opportunity to socialize with new friends, catch up with old friends, and just get out of the house for a little while. All are welcome to partake in this free lunch program.

- Thursday, January 4, 2018, 1-3 pm. - **Women for Music Society** meeting with guest Susan Sayle, principal viola player with Symphony Nova Scotia. Refreshments, tea, and social. No admission charge. New members welcome. Maritime Conservatory of Performing Arts, 6199 Chebucto Road, Halifax, B3L 1K7 [www.womenformusic.com](http://www.womenformusic.com).

- The **55+ seniors group** have a monthly drop in at the ACICC at 341 Herring Cove Rd. We meet the third Wednesday of every month. Contact for the group is: [erincxdesmond@gmail.com](mailto:erincxdesmond@gmail.com) or 902-452-0876

- **Women's Choir Seeking New Members.** Do you like to sing? Looking for an easy going outlet for musical stimulation? Then join the **Sorella Singers** choir! You don't have to read music, but do need to sing in tune. Soprano and alto voices welcome. Practice: Tuesday evenings, 7:15-8:45pm, location: Melville Cove area. For more information or to ask about trying us out for a week, call director Shirley at 902-405-8333.

Check our Facebook page for late arriving events and changes or updates to listed events

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Happy New Year!  
Bonne Année!

# The Jason Doherty Memorial COMMUNITY EVENTS PAGE



To have your Community Event listed call or fax us at 477-NEWS or send e-mail to [chebuctoeditor@gmail.com](mailto:chebuctoeditor@gmail.com). Check our Facebook page for updates & late arrivals

## COMMUNITY EVENTS FOR JANUARY

### Captain William Spry Library Events:

- Arthritis Information Session January 24th: 6:30pm Learn more about this condition and how to reduce its symptoms from a team of medical professionals, including physicians, physiotherapists, dieticians, and more. Registration required.
- **#HowNotToActOld.** Keeping It Cool January 12th: 2:30pm - 3:30pm. Join us as we explore fun ways to pass for Phat, Sick, Hot, Dope, Awesome, or at least not totally lame! *Registration required.*
- **Sewing 101 for Adults: DIY Fleece Socks, Mittens, and Scarves** with Elena Kasich January 17th: 6:30pm to 8pm. Three pieces, two easy seams, and socks you'll never want to take off. *Registration required.*
- **English Conversation Group for Women** Fridays 1pm - 3pm. Practice English and meet new friends while learning about local community and culture. This is a free program. In partnership with YWCA
- **Cooking with Tea** January 19th 2:30pm - 3:30pm Join Grace Pierce and learn how to incorporate tea into beverages, entrees, and desserts. *Registration required.*
- **Job Junction.** You are not alone. Job Junction gives you personalized help with one-on-one meetings. Drop in, bring your questions and needs, and we will review options with you. In partnership with Job Junction

### Chebucto Community Health Team (16 Dentith Rd) Events:

- Discovering Your Best Weight. Four week program, beginning January 15th. 1:30pm to 3:30pm at the Wellness Centre
- Making the Most of your Food Dollar: Three week program, beginning January 24th. 1:30pm to 3pm at the Wellness Centre
- Take Charge of your Stress: Four week program, beginning January 23rd. 6pm to 8pm at the Wellness Centre

*PLEASE NOTE: People eligible for the programs are anyone who lives, works or has a family doctor in the communities of Clayton Park, Fairview, Rockingham Larry Uteck, Fairmount, Springvale, Armdale, Purcell's Cove, Spryfield, and around the Sambro Loop. Please call 902-460-4560, go to [www.community-healthteams.ca](http://www.community-healthteams.ca) or drop-in to register.*

### Earl Francis Spryfield Memorial Legion (7 Sussex Street) Events:

- Bingo every Sunday at 1pm. Doors open at 12pm

### Food Banks:

- Emmanuel Anglican Church (322 Herring Cove Rd) Call Wed. Pick up Thurs between 9:30am and 10:30am. 902-477-1954
- St. Paul's Family Resource Institute

(173 Old Sambro Rd). Call Mon/Tues. Pick up Wed between 10am and 12pm. 902-477-5090.

### Free meals for those in need:

- **Mondays:**
  - Continental Breakfast at Salvation Army (328 Herring Cove Rd) from 9am to 10am.
  - Mobile Soup Kitchen 7pm Bread of Life Ministries (McIntosh St. & 500 Block of Herring cove Rd)
- **Tuesdays:**
  - Continental Breakfast at Salvation Army (328 Herring Cove Rd) from 9am to 10am.
  - Soup's On Program 12pm to 1:30pm at St. Paul's Family Resource Institute (173 Old Sambro Rd)
- **Wednesdays:**
  - 2nd Wednesday of the month, Spry Café 5:30pm at the Chebucto Family Centre (3 Sylvia Ave). Call 902-479-3031 ext 302. *Registration required.*
- **Thursdays:**
  - Hot Breakfast 9am to 10am Salvation Army- Spryfield Family Resource Centre (328 Herring Cove Rd)
- **Fridays:**
  - Continental Breakfast 9am to 10am. Salvation Army- Spryfield Family Resource Centre (328 Herring Cove Rd)

### Harrietsfield/Williamstown Community Centre (1138 Old Sambro Road) Events:

- January 10, 24th Parent Tot Playgroup
- January 18th – Pre-teen Dance 6:30 – 8:00. Grades 3 – 6, \$3.00 at the door, canteen available (No hats allowed)
- Every Wednesday and Thursday – Tai Jitsu

### Quarter Note Singers (Captain Spry Centre) Events:

- Thursday nights from 7pm until 9pm. Singers Wanted! We are a mixed adult community choir that has been making music for over a decade at the Cap't William Spry Community Centre. Singers of all levels are welcome; there are no auditions. For more info please call Steve Trussoni at 902-477-2664

### Spryfield Lions Club (111 Drysdale Road) Events:

- Every Wednesday at 1pm. BINGO! In the rec centre. Come have fun, make friends and support a great organization.
- Spryfield Lions Club meet every 2nd and 4th Tuesday of the month, 7 pm at the upstairs den of the Spryfield Lions Rink. 111 Drysdale Road. Anyone interested is encouraged to sit in on a meeting, meet some great people and see how you can help your community. For additional information, please call 902-475-1878
- Spryfield Lions also collect hearing aids, CPAC machines and glasses for refurbishment and distribution.

### Urban Farm Museum Society of Spryfield (Captain Spry Centre and Farm at Ardwell and Rockingstone) Events:

- Monthly meeting will be held on January 8th at 7pm at the Captain Spry Centre. All welcome to attend

### Young at Heart Club (212 Herring Cove Rd):

- Crib every Thursday at 1:30pm
- Darts every Thursday at 7pm.

### Emmanuel Church Hall Events (322 Herring Cove Road) Events:

- Services every Sunday at 8:00 am (traditional communion service)
- 10:00 am (contemporary communion with Choir, Sunday School and Fellowship Time).
- For more information, call 902-477-1783 or check out our website [emmanuelanglicanchurch.net](http://emmanuelanglicanchurch.net)

### St. James Anglican Church (2668 Joseph Howe Drive – at the Armdale Rotary) events:

- Meeting space is available for rent. Please contact Sarah-Jane at 902 477-4106
- Worship Services:
  - Sunday: 08:30 am Holy Eucharist (BCP)
  - Sunday: 10:00 am Choral Eucharist and Sunday School (BCP and BAS alternation) Coffee hour following service.
  - Wednesday: 10:00 am Holy Eucharist – Chapel (BCP) Fellowship and coffee following service.
  - o Wednesday: 11:00 am Bible Study
  - o Wednesday: 5:00 pm Christian Meditation – Narthex. All are welcome!
- Second Wednesday of each month: 7:00 pm Mother's Union – Townsend Room in church hall

### St. Michael's Church (14 St. Michael's Avenue, Spryfield) Events:

- BINGO! Dec. 5th, 12th, 19th, and 25th. Doors open 5:30. Bonanza game (\$1175.00) starts at 6 p.m. Mini bingo starts at 6:30 p.m. Regular games start at 7 p.m. 15 regular games, 5 special games, postage stamp, Toonie pot is up to \$4022.00, 50/50 draw...Canteen: pop, water, chips, bars, tea, coffee, (cookies, squares)
- Playgroup Tues. mornings at 9am. Preschool age

### St Paul's United Church (173 Old Sambro Road) Events:

- Choir Practice - every Monday evening at 7:30, under the direction of Skippy Mardon. Newcomers are welcome.
- UCW (United Church Women) - On the second Tuesday of every month, at 7:00. All are invited to attend.
- Bell Choir - Every Wed. evening at 6:45 the Bell Choir practices under the guidance of June Bates. June assures us that you don't have to read music to play the bells.
- Community Drum Circle - On the fourth Tuesday of each month at 7:00. Please feel invited to come and experience both the creation of group rhythms and a sense of community. If you don't

have a drum, we have a few shakers available and no experience is necessary.

- Worship Band - Thursday evening at 7:00. This is a group of people who enjoy getting together to play music.
- Recycling on the 3rd Saturday of the month. Drop off between 10am - 1pm. Or call Elaine at 477-2376, or Jackie at 477-3776 to have them picked up
- For those of you in the Harrietsfield/Williamstown area who fill water jugs at our outside tap, please note the following change: Now that the weather is getting colder, we have to turn off the outside tap. Water is now available inside from Tuesday through Friday between 9am and 3pm. Please email [weneedsafewater@gmail.com](mailto:weneedsafewater@gmail.com) with questions or to arrange an alternate pick up time.

### Spryfield Christian Community Church (91 Thornhill Drive) Events:

- Community Room available for shared costs for birthday parties, board meetings etc. Our facility includes a good size kitchen, 2 washrooms and storage available. Wheel chair accessibility and plenty of parking. Contact: Judy @ 902-479-0772 or email [spryfieldcchurch@hotmail.com](mailto:spryfieldcchurch@hotmail.com)
- Sundays 11am to 12pm: Church Services
- Sundays 6pm to 8:30pm: Bible Studies
- Sundays 3pm: Oromo Gospel Church Service
- Tuesdays 10am: Oromo Gospel Prayer group
- Mondays and Thursdays at 6:30pm and Saturdays at 10:30am, Chimo Taekwondo Club

### Other Events and Notices:

- **Hand in Hand** (440 Herring Cove Road) which is operated by the St Vincent de Paul Society, has new operating hours: Monday to Friday 9:30am to 4:30pm. Saturday 10am to 5pm and Closed on Sundays.
- **Girl Guides of Canada** Registration is now ongoing! Interested girls and aspiring leaders can go to [www.girlguides.ca](http://www.girlguides.ca) for more information. Or call 423-3735.
- **Harrietsfield Williamstown Residents:** For those of you in the Harrietsfield/Williamstown area who fill water jugs at the St. Paul's United Church outside tap, please note the following change: Now that the weather is getting colder, we have to turn off the outside tap. Water is now available inside from Tuesday through Friday between 9am and 3pm. Please email [weneedsafewater@gmail.com](mailto:weneedsafewater@gmail.com) with questions or to arrange an alternate pick up time.
- **3rd Spryfield Cub Pack** (ages 8 to 10) and **Scout Troop** (ages 11 to 14) are looking for new members! We meet at 7pm every Wednesday night at St. Paul's United Church on Old Sambro Road. Contact Robyn Parsons (902-477-1090) or Dan Drabble (902-477-2657) (*See Community Events on page x*)



**Dan Doherty REALTOR®**  
 902-478-4023  
 Dan@DanDoherty.ca  
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